December 2012

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SENIOR CENTER HOURS

Monday - Wednesday 8:30 a.m. - 9:00 p.m.

Thursday - Friday 8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Senior Recreation Coordinator TYLER PHILLIPS

Recreation Coordinator SARAH FOSTER (acting)

> Office Assistant III **ROY DAY**

Recreation Specialist NANCY HUGYIK

Nutrition Program EARLENE MINNIS 650-964-6586

Evening Building Attendants ANTHONY CUKAR **BJ HATHAWAY** ANGELIKA IGNAITIS RICH STEPHENS ALEJANDRA VALLE

CLOSED *

DECEMBER 24th to **JANUARY 1st**

* Social Hall will be open only for Lunch Program, 10:00am to 1:00pm December 26, 27 & 28.

WORKSHOPS: Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

Keeping out Garden Pests

Join Santa Clara County Master Gardener Laura Westley as she provides expert advice on various integrated pest management techniques for your garden. Learn natural and innovative methods to keep critters from eating your prized chard, flowers, and other growing greens in your garden. Whether you have your own backyard farm, or a ceramic pot sitting on your balcony, you will learn valuable information by attending this workshop.

Tuesday, December 4 5:30 p.m.

Arts & Crafts Room

Holiday Pinecone Crafts

Inspired by the crafts from the Holiday Bazaar? Discover your own inner artist and help decorate the Senior Center for the holiday season. Join us to create critters, snowmen, and more from pinecones! No experience necessary, just a willingness to get messy with art supplies. Space is limited, sign up today.

Thursday, December 6 1:00 p.m. Social Hall

Intro to Meditation for Relaxation

Benefits of meditation, properly practiced, include stress reduction, slowing of biological aging, improved concentration, and enhanced zest for living. Join Susie Lowe during the holiday season for a bit of calmness at this busy time of year! Wear loose clothing, and sign up today, as space is limited.

Thursday, December 13, 2012 10:15 a.m.

Dance and Movement Room

Digital Photos Returns!

If you missed this workshop in October, now is your chance to learn how to load, organize, and save your digital photos on your computer. All participants must bring their digital camera and connector cable. Don't forget to take fun pictures before the workshop! All participants must have basic computer skills, and space is limited.

Wednesday, December 19, 2012 2:30 p.m.

Technology Room





City of Mountain View, CSD, Recreation Division 266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov

MOVIES, MOVIES, MOVIES!

Come to one of our triple showings! **

Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.

Evening showtime: Wednesdays at 5:30 p.m.

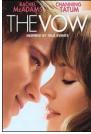
Location: Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD.** There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.









The Vow Rated: PG-13

December 4, Dec 5, & Dec 7 Length: 104 minutes

Rachel McAdams stars in this romantic drama about a newlywed woman who slips into a coma after a car accident and awakens with amnesia. Her devoted husband (Channing Tatum) must help her recover and also win her back.



Moonrise Kingdom Rated: PG-13

December 11, Dec 12, & Dec 14 Length: 94 minutes

Wes Anderson's quirky drama follows the frantic search that ensues in a small New England town when two 12-year-olds fall in love and run away together. As the townsfolk hunt for the vanished kids, a storm causes even more profound communal upheaval.

WEEK OF DOUBLESS OF LOUBLESS OF DOUBLESS O

Back by popular demand, we will be having another week of double features! Each day during the week of **Monday**, **December 17th through Friday**, **December 21st**, we will be showing a DOUBLE feature of classic movies — a different theme each day! For a complete listing of movies, as well as showtimes, please turn to **the BACK PAGE**.

**NOTE: Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

The mission of the Mountain View Senior Center is to provide programs that meet individual needs of seniors; create a sense of ownership in the Center; promote personal growth and socialization; and foster feelings of achievement, companionship and well-being. Participants of the Senior Center are encouraged to:

- Sign-in upon arriving to the facility at either the front or back entrance
- Participate in social service, educational and recreational programs
- Socialize with other participants
- Obtain information and referrals for needed services
- Voice ideas and concerns regarding programs



Our policies promote healthy, enjoyable and safe use of the Mountain View Senior Center for all participants:

- Treat others with courtesy and respect
- Refrain from use of abusive language, inappropriate physical contact or harassment of participants and staff
- Refrain from the consumption of alcohol on the premises
- Attend any required program orientations, including specific guidelines for use of facility equipment
- Follow guidelines for use of facility equipment
- Follow rules of any programs or classes participant attends

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, December 17th at 2pm.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIGBINGO -Feeling LUCKY?
Join us on Monday,
December 3 at 1:00 p.m.
in the Social Hall.

DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

Old eyeglasses ● Magazines ● DVDs ● Paperback books ●



FREE TABLE—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. SMALL items only.

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to two DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!

SENIOR CENTER BOOK CLUB

Meetings are held the second Tuesday of each month (12/11/2012) in Multipurpose Room B from 10:30 am – 11:30 am. Up next for discussion will be "Lots of Candles, Plenty of Cake," by Anna Quindlan. January's book selection is "Wild: From Lost to Found on the Pacific Coast," by Cheryl Strayed.



COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!

Holiday Gala

December is almost here, which means an afternoon of holiday cheer is near! Enjoy dancing to

Jerry Jay's Quartet as well as refreshments. This event is free, and everyone is welcome! Registration is not required, just show up. show off your fancy frocks, & enjoy some dancing.



Wednesday, December 12 4:00pm - 6:00pm Social Hall

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except December 2012) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be: January 16, February 15 & March 21.



VOLUNTEER CORNER

October 2012

Brown Bag 240.00 **Lunch Program** 310.00 197.25 Receptionists **Social Services** 52.00 301.50 **Teaching** 1100.75 hours!! Total



Ping Pong Rules and Regulations



have changed. You can register anytime of day to play. No more waiting for the clock to change. Complete Rules and Regulations can be picked up at the front desk when you register to play.



Have Fun and Play Well!





They're Back !!!

The Book Club that meets once a month has returned to the Senior Center. Come ioin the fun!!!



Orchestra Concert

Celebrate the season with music! This is



your chance to hear the Senior Center's very own orchestra in performance. This event is free and open to all. Arrive early to get the best seat. Sorry, the balcony is closed.

Wednesday, December 5 3:00 p.m. Social Hall

Did you know that Santa Clara County has more than 20 farmers markets, 40 county parks and open spaces, 45 gardens, and 20 museums? Please visit

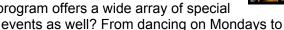
www.bayareaolderadults.org for a free, easy-to-use resource of fun and healthy community offerings and group events covering outdoors, fitness, social and cultural activities. Bay Area Older Adults is a 501(c) (3) nonprofit organization serving adults age 50+ in the San Francisco Bay Area.

Lunch at the **Senior Center**

It's more than just food!

The Mountain View Senior Center Nutrition Program provides well-balanced meals at low cost each weekday, starting at 11:45 a.m. However, mealtimes are not only about feeding your

tummy: they are a time to interact with others, make new friends, and catch up with the old. Did you know the nutrition program offers a wide array of special





music on Fridays, and celebrations such as holiday meals, Halloween costume contests, and art projects, the Nutrition



Program is good way to feed your emotional wellbeing too. There is plenty of room, stop on by,

Monday through Friday, at 11:45 a.m. Sign up around 11:15 a.m. Cost: \$3 ages 60+: \$6 for those under 60. Call 650-964-6586 for more information.



Tree Lighting

Civic Center Plaza **500 Castro Street** Monday, December 3 5:30 p.m.-7:30 p.m.

Join us in downtown Mountain View for a great community event! Including: Live music, refreshments, crafts for kids, face art and pictures with Santa (bring your own camera) In the spirit of the season, please bring a can of food to help build the giving tree, which benefits the Community Services Agency of Mountain View and Los Altos. For more information, call (650) 903-6331.





DECEMBER HOLIDAY HOURS

During the last week of December, the Senior Center will be open for limited days and hours for lunch only. Please plan ahead, and coordinate your transportation needs.



Monday, December 24 Closed Tuesday, December 25

Closed Wednesday, December 26* 10:00 a.m. - 1:00 p.m.

(open for Lunch Program only)

Thursday, December 27* 10:00 a.m. - 1:00 p.m.

(open for Lunch Program only)

Friday, December 28* 10:00 a.m. - 1:00 p.m.

(open for Lunch Program only) Monday, December 31

Closed

Tuesday, January 1 Closed



*Please note that only the Social Hall will be open. All other areas in the Senior Center will be closed.

INCOME TAX ASSISTANCE APPOINTMENTS:

Tax assistance will be provided by AARP volunteers. We will begin accepting appointments on Wednesday, January 2, 2013.

Tax appointments will be available each Tuesday and Wednesday, 9:00am-12 noon beginning Tuesday, February 5, 2013.

What to bring to your appointment:

- Copy of last year's state & federal income tax returns
- W2 form (from employer)
- 1099-INT (regarding interest income)
- 1099-DIV (regarding dividends income)
- 1099-R (retirement and IRA income)
- SSA-1099 from social security
- 1099-B (for sale of stock) plus original cost and date of purchase info.
- Any other 1099 Forms received
- If deductions are claimed, bring information to support
- Name and address of landlord to receive state renter's credit
- Property tax bill paid 2012





CSA Information and Referral Day:

Nutrition

Come join Community Services Agency's Senior Case Managers to learn about Meals on Wheels, the Senior Center Nutrition Program, and general tips for eating healthier. From 10:00 a.m. – 11:00 a.m., Senior Case Managers will be available to answer your questions.

APPOINTMENTS REQUIRED – Make an appointment in person at the Senior Center Front Desk or call 650-903-6330.

Date: Tuesday, December 18, 2012 Where: Senior Center Counseling

Room

VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

Senior discount passes may be purchased at your local Walgreens store, online at clippercard.com, or by phone at 877-878-8883. If you do not have a Clipper card and want to have one, dress nice and have your photograph taken for a new Clipper card at the Senior Center, December 4, 10:00 am - 10:30 am.

AARP DRIVER SAFETY REFRESHER COURSE -

Tuesday, December 11, 2012 from

4:30 p.m. to 9 p.m. The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members. To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted. For insurance benefits, contact your insurance carrier. **ONLINE** - Driver Safety program now available. Visit www.aarp.org for information & to sign up. **REGULAR CLASS** - The Safety Program class offered by AARP is scheduled for February 19 and 26, **2013 from 5:00 p.m. to 9:00 p.m.** at the Senior Center. The fee for the 8-hour classroom driving instruction

session is \$12 for AARP members and

\$14 for non-members.

Appointments are necessary, unless otherwise noted.

Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

There are NO waitlists for appointments.

HEALTH SERVICES

ALZHEIMER'S SCREENING - Free behavioral screenings offered on the fourth Wednesday of each month (1/23/13). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the Counseling Room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

EYEGLASS REPAIR - Adjustments, repairs, advice. Second Tuesday of December (12/11/12).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday** of **December (12/10/12).**



NOTARY SERVICE - Offered the first Thursday (12/6/12) of each month. Appointments available from 8:30 - 10:30 a.m.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The 1st and 2nd Tuesday of the month (12/4/12 & 12/11/12) from 10:00 a.m. to 12:30 p.m.

Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron. Please call, email or stop by the front desk in order to confirm or cancel your appointment.

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday**, **starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Suggested donation for ages 60+ is \$3.00 & guests under 60 is \$6.00. Lunch is served Monday - Friday at 11:45 a.m., sign in by 11:15 a.m. More information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



MOUNTAIN VIEW SEASONED TRAVELERS

For travel information, registration and payment: Monday - Friday at the front desk, 12:00 p.m. - 4:30 p.m. and Thursday at the travel desk in the Social Hall lobby, 9:00 a.m. - 11:45 a.m.

Travel registration is moving to the afternoons. You can register for travel at the Front Desk between 12pm and 4:30pm daily. A Kanen Tours representative will be available for registration on Thursday mornings in the Social Hall Lobby between 10:00am and 11:45am. Happy Trails.

Red Hawk Casino

Shingle Springs, CA

WHEN: Tuesday, December 4, 2012

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Community Center

RETURN: Approximately 5:30 p.m.

Thunder Valley Casino



WHEN: Wednesday, January 9, 2013

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Community Center

RETURN: Approximately 5:30 p.m.

Black Oak Casino

Tuolomne, CA

WHEN: Tuesday, February 12, 2013

COST: \$28 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Community Center

RETURN: Approximately 5:30 p.m.

Cache Creek Casino



Brooks, CA

WHEN: Thursday, March 7, 2013

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino

DEPART: 7:30 a.m. from Community Center

RETURN: Approximately 5:30 p.m.



Christmas at Hearst Castle

WHEN: December 10 - 11, 2012

COST: \$325 per person (double occupancy)

Join the Mountain View Seasoned Travelers for an overnight holiday trip to Hearst Castle! I

Travel back in time to experience

Hearst Castle as it

might have been on Christmas during its heyday in the '20s and '30s. The trip includes an overnight stay at Cambria Pines Lodge,

three meals, and time for holiday shopping in quaint downtown Cambria. The tour climaxes with a Christmas **Experience Tour at Hearst** Castle where docents dress in

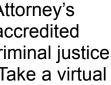
period costumes and the castle is adorned with 18-foot Christmas trees and other festive décor.

Santa Clara Crime Lab & **Original Joe's Luncheon** When: Februrary 12, 2013

Cost: \$80 per person

The Santa Clara County District Attorney's Crime Laboratory is a nationally accredited forensic laboratory servicing all criminal justice agencies in Santa Clara County. Take a virtual tour of the lab, then go for a

hosted lunch at Original Joe's, a fixture of San Jose.





Thursday 6 8:30 Notary 10:30 Bookmobile 11:45 Lunch Pork chop, whole grain bread, California blend veggies, coleslaw, fruit F

13

10:15 Workshop: Introduction to Meditation for Relaxation

1:00 Workshop: Holiday Pinecone Crafts

10:30 Bookmobile

11:45 Lunch

Lasagna, corn w/red bell peppers, coleslaw, fruit



14

10:30 Blood Pressure Check

10:45 Dancing, Social Hall

11:45 Lunch

Boneless pork chop, brown rice, 5 way blend veggies, green salad, fruit

Birthday Celebrations

1:00 Movie: Moonrise Kingdom

20

10:30 Bookmobile **11:45**

Christmas Lunch

Roast beef, scalloped potatoes, veggies, fruit, eggnog

1:00 Movie: Bringing Up Baby2:30 Workshop: Digital Photos

Returns

3:00 Movie: African Queen

21

10:30 Blood Pressure Check

10:45 Dancing, Social Hall

11:45 Lunch

Linguine w/tuna, pasta, spinach & red bell pepper in entrée, salad, fruit

1:00 Movie: The Shop Around the Corner

3:00 Movie: The Bishop's Wife



27 CLOSED **11:45 Lunch**

Baked salmon stuffed w/crab, couscous, sting beans, broccoli raisin salad, fruit

Senior Center is closed. The Social Hall will be open for lunch 10:00am to 1:00pm 28 CLOSED 11:45 Lunch

Pasta & beef w/onions & tomatoes, broccoli & carrots, pears

Senior Center is closed. The Social Hall will be open for lunch 10:00am to 1:00pm

NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$6.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

Stuffed mushrooms with pecans

Ingredients:

2 medium leeks
1 (16-0z.) package fresh
mushrooms (about 24
medium size mushrooms)
1 teaspoon salt, divided
2 shallots, minced
2 garlic cloves, minced
2 tablespoons olive oil
½ cup grated Parmesan
cheese

½ cup fine, dry breadcrumbs½ pecans, chopped2 tablespoons chopped fresh basil

Garnish:

Fresh basil sprigs

Preparation:

Preheat oven to 350 degrees. Remove and discard root ends and dark green tops of leeks. Thinly slice leeks, and rinse thoroughly under cold running water to remove grit and sand. Rinse mushrooms, and pat dry. Remove and discard stems. Place mushrooms, upside down. on a wire rack in an aluminum foil lined jelly-roll pan. Sprinkle with 1/2 tsp. salt; invert mushrooms. Bake at 350 degrees for 15 minutes. Saute leeks, shallots, and garlic in hot oil in a large skillet over medium heat 3 to 5 minutes or until tender. Transfer mixture to a large bowl. Stir in 1/4 cup Parmesan cheese, next 3 ingredients, and remaining ½ tsp. salt until well combined . Spoon 1 heaping teaspoonful leek mixture into each mushroom cap. Sprinkle with remaining 1/4 cup Parmesan cheese. Bake at 350 degrees for 10 minutes or until golden.

Yummy appetizer for your holiday party!

WELCOME to the "Back Page" of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond!

Double Features are Home for the Holidays

Majestic Monday Dec. 17

The Princess Bride (1987) 1:00pm





The Prince and the Showgirl (1957) 3:00pm

Tuneful Tuesday Dec. 18



White Christmas (1954) 1:00pm The King and I (1956) 3:00pm



Movie of Epic Proportions Wednesday Dec. 19

Lawrence of Arabia (1962) 3:30pm Part 1** 6:00pm Part 2



**There will be a 10-minute break between Part 1 and Part 2

Wild Katherine Hepburn Thursday Dec. 20



Bringing Up Baby (1938) 1:00pm African Queen (1951) 3:00pm



Festive Friday Dec. 21

The Shop Around The Corner (1940) 1:00pm





The Bishop's Wife (1947) 3:00pm

The Rengstorff House: Open House

Thursday, December 6, 2012 7-9 p.m.





Enjoy the Rengstorff House dressed in holiday finery. Join in singing Christmas carols while nibbling on a festive array of goodies. Free event. Call 650-903-6392 for more information. Located at 3070 N. Shoreline Blvd.. Mountain View.

HOLIDAY BAZAAR









If you would like to receive the *Senior Center Monthly Prime Time*News Newsletter via email, please contact the front desk to give us
your name and email address. Newsletters are sent on the last week of
the month so check your inbox!